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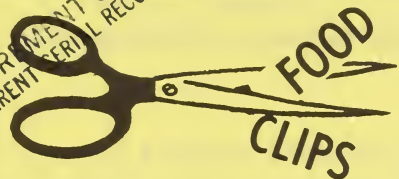


# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION WASHINGTON, D. C.

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Whole milk must contain not less than 3.25 percent milkfat and not less than 8.25 percent nonfat milk solids.

\* \* \*

Yes, milk is rich in riboflavin, a B vitamin that helps keep skin healthy and your vision clear.

\* \* \*

What makes milk coat the sides of the pan when it is heated? At high temperatures the protein in milk coagulates into a film on top and a coating on sides of the pan. Prolonged high temperatures also can cause off-flavors and/or scorching, according to USDA home economists.

\* \* \*

Is New Zealand spinach related to common spinach? No, it isn't. It thrives in hot weather and is grown as a substitute in seasons when ordinary spinach cannot withstand the heat.

\* \* \*

Raw milk? It is dangerous to health to use raw milk, according to the U.S. Department of Agriculture.

## CHITTERLINGS MADE IT

### —New Products On Way Soon

Like chitterlings? Chitterling pie, chitterling loaf, and other products made from chitterlings—products which have been served in homes and restaurants in some parts of the country for many years—can be produced for nationwide sales in retail stores under a new U. S. Department of Agriculture (USDA) regulation.

USDA based its decision on comments on its earlier proposal (it appeared February 19, 1973, in Food and Home Notes) to allow these products to be manufactured. Most of the comments supported the idea.

The new regulations, which became effective July 2, require that the product name clearly indicates the use of chitterlings as an ingredient—such as "calf chitterlings with gravy." The product must be packaged in containers that hold no more than three pounds and will be used intact for retail sale.

## WHAT'S IN THE MEATBALL?

The term "meatball" is a wide-sounding term. According to the dictionary, a "meatball" is a small ball of ground meat, seasoned and cooked, often with sauce, gravy, etc. But—what should a meatball be made of? That's what the U.S. Department of Agriculture (USDA) hopes to find out through consumer comments on a new proposal to set specific composition requirements for meatballs made under federal inspection.

Currently, there is only the restriction that these products contain no more than 12 percent of such extenders as soy flour, isolated soy protein and nonfat dry milk. USDA wants to make the requirements more specific: to set a minimum ground meat content of 65 percent (and permit no more than 30 percent of the meat to be fat), and to set a maximum liquid content of 8 percent for such items as water and broth.

The proposal also spells out requirements for two specialty items: "Swedish Style Meatballs" and "Meat and Cheese Balls." Swedish-style meatballs would have to meet the percentage requirements proposed above and would have to be made of beef or beef combined with pork and/or veal, chopped onions, eggs, milk, bread crumbs, nutmeg and/or allspice. Meat and cheese balls would have to contain at least 15 percent cheese.

Most meatballs made under federal inspection would meet the proposed standards, officials said.

Your comments are welcome. Send them in duplicate by September 14 to the USDA Hearing Clerk, Washington, D.C. 20250.



# COST OF FOOD AT HOME FOR A WEEK (June)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$22.50	\$28.80	\$35.40
Elderly couple.....	18.40	24.20	28.80
Family of 4 with preschool children.....	32.60	41.60	50.70
Family of 4 with elementary school children.....	37.80	48.60	59.70
Individuals*			
Women			
20-34 years.....	9.50	12.20	14.70
35-54 years.....	9.10	11.80	14.20
55 years and over.....	7.70	10.10	12.00
Men			
20-34 years.....	11.00	14.00	17.50
35-54 years.....	10.20	13.00	15.90
55 years and over.....	9.00	11.90	14.20
Children			
1-2 years.....	5.50	6.90	8.30
3-5 years.....	6.60	8.50	10.20
6-8 years.....	8.00	10.30	12.90
9-11 years.....	9.30	12.10	14.60
Girls 12-19 years.....	10.10	13.10	15.70
Boys 12-19 years.....	11.70	15.20	18.30

\* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- For those eating all meals at home (or carrying some meals from home), use amounts shown.
- For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: See Food and Home Notes, June 11, 1973, for more information about food plans and their costs.

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CONSUMER CLIPS  
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CALLING ALL

...Pizza Lovers

Now is the time for all good men (and women) to come to the aid of their  
—pizza!

That's right. A U.S. Department of Agriculture (USDA) proposal on the  
meat and cheese content in pizzas is open for your comments.

The questions at hand? How much cheese should be required, minimum, in  
a pizza with meat? And, should manufacturers be allowed to add raw meat in-  
stead of just cooked meat to their pizzas? Both questions, it's important  
to note, apply only to pizzas produced in processing plants making the items  
for sale across state lines to retail stores, cafeterias, and other quick-  
service places which don't have the facilities to make their own pizzas on  
the spot. Pizzas made and baked in local restaurants would not be subject  
to the proposed ruling.

Most manufacturers already include at least 12 percent cheese—and some  
use up to 20 percent—in their meat pizzas, USDA officials said. But a few  
firms are starting to cut the cheese content and add more sauce, to make the  
pizza cheaper to produce. USDA thinks it might be a good idea to set a min-  
imum requirement of 12 percent cheese for these products, so consumers will  
keep getting products that have all the characteristics of "pizza".

Federally inspected pizza manufacturers are limited to using only cooked  
meat in their recipes now. USDA necessarily restricts the types of pizza  
that can be made, so it proposed to allow either raw or cooked meat on the  
pizza as long as the meat makes up at least 15 percent of the formula (based  
on the meat's weight before cooking).

What do you think? Send your comments in duplicate before August 31 to  
the USDA Hearing Clerk, Washington, D.C. 20250.

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COMMENTS AND INQUIRIES TO:

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Or telephone (202) 447-5898.